

# Knots For All (1)

## At Arete:

At Arete we tie lot's of knots. They are an essential part of the activities we do to keep us safe. Learn how to tie some before you come.

## Pre Course Ideas:

**Knots are useful in all aspects of life, here are a few for you to try.**

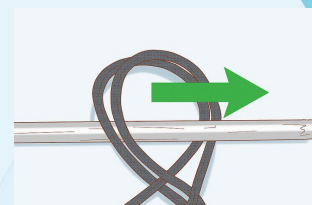
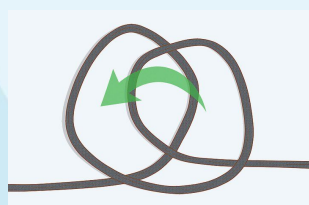
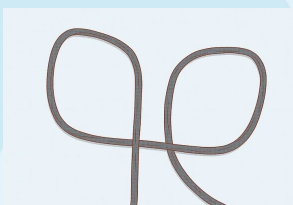
- **Reef Knot:**

Used for joining two ends of rope. Remember: Left over right, under. Right over left, under...



- **Clove Hitch:**

This is a great way to attach a rope to a pole, post or karabiner. Note one loop is in front and one is behind.



## *Physical skills*

*Develop and acquire technical knowledge and skills  
Develop physical skills that they can adapt and apply*

### Can you:

Practise tying some of these knots

### Additional information:

Do you know any others you could teach us?

### Notes:

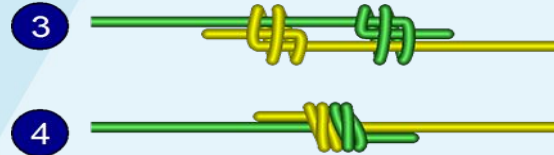
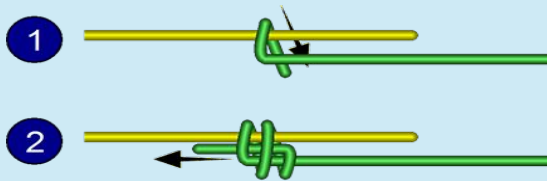
***Knots can be stressful if they don't turn out right, be patient!***

# Knots For All (2)

## Pre Course Ideas (continued):

- **Double Barrel Knot:**

Another method for attaching two ends of rope together, much stronger than a reef knot.



**Can you:**

Practise tying some of these knots

**Additional information:**  
Do you know any others you could teach us?

Sophie's Figure of 8 video  
Tying a walking boot video

- **Figure of eight:**

An important knot for climbing. Watch [Sophie's video](#) and see if you can tie one of these rethreaded figure of eights. You may get to tie one when climbing at Arete and you could teach a friend. <https://youtu.be/wu0sJgiWD44>

